



THE KAMLOOPS SELF ADVOCATE NEWSLETTER

Friends



July 2015

Issue #22

The Kamloops Self- Advocate:

**A Newsletter for
People with
Diverse Abilities**

This month's newsletter is all about community inclusion related to Canada day and summer events. It also focuses on aspects of mental health and what people are doing to reduce stigma in order to create an inclusive world for everyone. Community inclusion is important in the summer because there are lots of events to choose from to remain active and be involved.

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Uniting All Canadians

By Lisa Coriale

Canada day is a time of celebration for all Canadians from every cultural background to every ability. It is also a time to remember the milestones that we have overcome and to remind us of our history. We have grown much as a country. We should take pride in this land we call Canada.

There was a time in Canada when people with diverse abilities were not considered equal members of society. According to the Council of Canadians with Disabilities (CCD), “In 1981, with the encouragement of the disability rights movement, Canada included the grounds of physical and mental disability in Section 15 of the Charter of Rights and Freedoms.” This was a major triumph for people with disabilities.

It is difficult not to speak about First Nations on the birthday of our country. Especially when aboriginal people experience limitations in their daily

lives based solely on appearance, much like people with disabilities. Aboriginal people were the first people to inhabit Canadian land. There are similarities between those with disabilities and aboriginal people. We all have differences, we should embrace them, not diminish one another’s culture or ability.

Aboriginal people as well as people with diverse abilities in Canada have both had to overcome stereotypes and discrimination over the years. These stereotypes are pre-conceived ideas that are unfortunately still part of daily life in Canada. We have to work together to remove those stigmas placed by society. People with disabilities and aboriginal people must come together and unite to alleviate the discrimination and stereotypes that they are faced with in Canada.

The aboriginal population of Canada has endured many hardships starting with early European colonization. This story is often misunderstood, unknown or altered in the homes and schools of many Canadians. But now Canada is beginning to recognize aboriginal people as equal members

of society. According to Aboriginal Affairs and Northern Development Canada (AANDC) “In 2009, June was declared National Aboriginal History Month...” This helps us recognize the significant contribution that aboriginal people have made to the evolution of Canada.

Canada day is a time to reflect on our accomplishments and come together to be free of discrimination and stereotypes. People of diverse abilities and aboriginal people have come a long way with the help of other Canadians to become accepted in our country. But there is still an effort to be made which will require Canadians to unite, and in the end, it all comes full circle. We are all one.



Krystian’s corner

Summertime is a great time to be with your family and friends. It can also be fun to travel out of town, relax at the beach, go to Music in the Park, or go to

Hot Nite in the City Show-n-Shine car show.

Canada day is great to celebrate our achievements as a country and think back on the changes made to increase inclusion for everyone. When stigma plays into daily life it's hard to move forward and celebrate everyone's abilities or successes. That being said, we have come a long ways to make inclusion a reality. I am a proud Canadian, especially since the institutions have been closed and our agencies have changed their views regarding people with diversabilities. Stigma still plays a role in the lives of people with developmental disabilities and a mental illness. We can all be productive citizens of society and that's why we need to speak up to increase awareness. When we judge others based on their disabilities we miss out on who they really are as individuals.

We need to reduce stigma around mental illness as it affects people in negative ways. It is not as easy to ask for help when you are struggling with mental illness. Self-advocates need to speak out in order to increase awareness by sharing success stories. It sometimes takes a lot of

strength to stand up for what you believe.

Friends and family are also affected by mental illness. People with mental illness are managers, entrepreneurs, employees and even celebrities. Unfortunately, it is very common and can affect anyone. Stigma is an ugly word for judgement. We not only judge strangers but our friends and family as well. It is human nature to make quick judgments on what we don't understand. However, remember we don't always have to do what everyone else is doing. It is ok to be different! You are not alone.

There is a mental health channel on the internet and it focuses on positive things in life such as improving your mental health. It is based in the USA. Go to <http://mentalhealthchannel.tv/>

By Krystian with Jolene's help and Spirit Science: <https://www.facebook.com/thespirtscience>, <https://www.facebook.com/thespirtscience>



WOW!

Julie won a WOW Award for her workplace, Shoppers Drug Mart, from Community Living BC. Read below to see what she said about her work and the WOW award.

How long have you been working at Shoppers? I work Monday and Wednesday 9:30 to 11:30 and I started in 2012.

What are your duties or responsibilities? I tidy the shelves and do cleaning.

What do you like about your job? I love working with my boss, Al. I also enjoy cleaning the staff room.

What do you like to do in your free time? I like to use my TV and IPAD that I saved to buy with my money. I also enjoy knitting. I go to the Connections program Tuesday and Thursday.

What are you good at? I am good at my First Nations dancing for the Powwow and I am good at my job.

Why does Shoppers deserve the wow award?

They include me as part of the team. My family is very proud of me. I was excited to be in the newspaper and on TV. I had my picture taken a lot and sometimes it gave me a headache.

What is the WOW award?

“Each year CLBC’s WOW Award recognizes the contributions and innovations of people who are working to build communities that are accepting of all abilities. This year’s awards theme focused on inclusive employment.”

<http://www.communitylivingbc.ca/2015/03/kamloops-store-recognized-with-wow-award/>

Q: How do men exercise at the beach?

A: By sucking in their stomach every time they see a bikini.

**I AM A
PERSON
NOT A
MENTAL
HEALTH
PROBLEM**

Six Tips to Help Summer Depression

By Therese J. Borchard

<http://psychcentral.com/blog/archives/2011/06/21/6-tips-to-help-summer-depression/>

Reason for Summer Depression

Individuals may suffer from summer depression because of summer SAD, disrupted schedules in summer, body image issues, financial worries and the heat.

Tips to Help Summer Depression

Ways to help avoid summer depression include getting on a schedule, planning something fun, replacing the triggers, sleeping, exercising and being around people.



Website Links

See Me is a website based in Scotland trying to reduce the stigma of mental illness and improve everyone’s lives.
<https://www.seemescotland.org/>

No Longer Lonely is an online social community for adults with mental illness to share their feelings.
<http://www.nolongerlonely.com/>

Disabled Dating Canada is another website to meet people looking for friends or love.
<http://www.disableddatingcanada.com/>

Mend the Mind is a website for teachers, youth, parents and employers with information regarding stigma and mental illness.
<http://www.mendthemind.ca/>

Girlfriend Social is a great friendship network for women to meet other women.
<http://www.girlfriendsocial.com/>

Have fun checking these sites out and, remember, you are not alone. There are many social networks online that are safe to meet others.



Wear Your Label

Wear Your Label wants to spark a mental health conversation and, most importantly, end stigma in style. They donate 10% of their profits to mental health initiatives and partner organizations. To date they have given back \$4000. Wear Your Label was started in 2015. The company was created because 1 in 5 people have a mental illness and everyone deals with mental health in some way, yet not many individuals are talking about it. A year ago the founders were university students who struggled with mental health issues.

I was happy to see this company as it creates more awareness about mental health and starts conversations to end

stigma. If you would like to buy some clothing you can search on Wear Your Label's website. There are even bracelets that tell people you have ADHD or anxiety disorders or even self-injury, etc. This is a Canadian company located in New Brunswick.

Taken from the FAQ portion of the website.

WHAT DOES "WEAR YOUR LABEL" MEAN?

To "wear your label" is to take ownership over your mental health. Too often we're told to shy away from labels; that they are inherently bad. But, by giving mental health labels a negative connotation, we are dismissing opportunities to create conversations, and this just perpetuates stigma further. Reality is, labels like "anxious" and "depressed" are just descriptors of your mental health and they're nothing to be ashamed of. We believe you should be able to talk openly about your mental health, recognizing that your labels don't define who you are. Hence, wear your label.

Go to:
www.wearyourlabel.com

OPTIONS & OPPORTUNITIES: FUNFEST'15 A Huge Success!



Many thanks to everyone who came out to our 15th annual FUNFEST at McDonald Park on June 6th. This year's event was our most successful yet with record attendees as well as volunteers and supporters. We can't wait to do it all over again next year and it's never too early to start! If you'd like to get involved in planning next year's FUNFEST'16, give us a call at 250-372-3710.

Call for Artists and Art-Appreciators: Thursday ART DROP-IN

Every Thursday morning at O&O (beginning at 10:15), roll up your sleeves and explore your artistic side with our fun, guided workshops. We offer a relaxed, social approach to learning about, and improving on, various art techniques. Themes vary from week to week and all

materials and supplies are included. Upcoming summer workshops include **Comic Jam II, Gelatin Printing, Sharpie Art and a Life Drawing class.**

Workshops are **OPEN TO EVERYONE.** Come, create, and make new friends every Thursday with the participants of the Options & Opportunities day program! We're located at 388 1st Avenue directly behind Kamloops' Old Courthouse. Please RSVP in advance of each class at 250-372-3710 or email: options@interiorcommunityservices.bc.ca.

Options & Opportunities is a Kamloops-based adult day program providing support to people living with varying abilities. Participants enjoy a variety of activities and the program is ever-evolving to meet the needs of the individuals supported. Be sure to follow Options & Opportunities on Facebook for all kinds of up-to-date information.

Q: How do you prevent a summer cold?

A: Catch it in the winter.

Q: What do you call a French guy in sandals?

A: Phillipe Phloppe.



Community Inclusion

By Andrew Embury

What Community Inclusion means to me is that I can get into the same stores and restaurants as everyone else. This includes people who use manual chairs and power chairs.

When I have been out in the community, I have noticed that most restaurants have buttons to help people in wheelchairs get into where the tables are without manually opening the doors with their arms. Also, the restaurants have wheelchair accessible tables designated for the disabled community. The stores have included something similar in regards to accessibility; that is, more room for a wheelchair to easily turn around in their stores by moving around shelves and racks of clothes to give the disabled customers easy access to the particular items each store provides.

Most important of all, the employees are a great source of help in the stores, particularly when I need

assistance to get an item off the shelf that is higher than I can reach.

That is what Community Inclusion means to me.



Blueberry Tart

Hands on time 15 minutes.
Total time 48 minutes.
Serves 8

Ingredients

Flour for the work surface
1 8-ounce sheet frozen puff pastry, thawed
1 large egg, beaten
1 Tbsp. granulated sugar
4 ounces cream cheese, softened
1/4 c. heavy cream
1/2 tsp. grated lemon zest
3 Tbsp. confectioners' sugar
2 c. blueberries

Directions

Heat oven to 375° F.

On a lightly floured surface, unfold the sheet of pastry and roll it into a 10-by-12-inch rectangle.

Transfer to a parchment-lined baking sheet.

Using the tip of a knife, score a 1-inch border around the pastry without cutting all the way through. Brush the border with the egg and sprinkle with the granulated sugar. Bake until golden and puffed, 18 to 22 minutes.

Using the tip of a knife, rescore the border of the cooked pastry without cutting all the way through. Gently press down on the center of the pastry sheet to flatten it. Let cool to room temperature, 15 to 20 minutes.

Meanwhile, with an electric mixer, beat the cream cheese until smooth. Add the cream, lemon zest, and 2 tablespoons of the confectioners' sugar and beat until smooth. Spread the cream cheese mixture evenly within the borders of the pastry.

Arrange the blueberries in a single layer over the filling and sprinkle with the remaining tablespoon of confectioners' sugar.

Taken from:

<http://www.realsimple.com/food-recipes/browse-all-recipes/blueberry-tart>



Happy 10th Anniversary Community Living BC.

For people who don't know, it's CLBC's 10th anniversary and they are collecting feedback on how people imagine inclusion in the next 10 years.

CLBC was created and established on July 1st 2005. They are the government funding body for services for people with developmental disabilities. CLBC has helped me a lot and was a great support in helping me start my business to help people with diversabilities. CLBC started the editorial board and let me be on the editorial board as a founding member. The editorial board helps improve communication between self-advocates and CLBC; I am privileged to be a part of that.

What should inclusion look like in 25 years for CLBC?

I envision a world where people with developmental

disabilities and a mental illness have access to social clubs to connect and belong with each other. These clubs are inclusive. There is no stigma from the community towards people who have developmental disabilities and mental illness. There is new funding to start social clubs around BC to find support and make friends in a safe and non-judgmental place.

In 25 years there will be awareness about the gifts and abilities of people with developmental disabilities and mental illness. Communities will work together with CLBC and self-advocacy groups to create social clubs for people with and without disabilities. In 25 years there will be more inclusion and friendships.

I envision a world where self-advocacy groups are also provided with funding by government to create their own services for inclusion. Service providers will have their pot of money and self-advocacy groups will also have money to create social clubs and supports that are organized and directed by self-advocates. Our clubs will focus on safeguards, inclusion and be welcoming places where everyone belongs.

I envision a world where people are respected for who they are, regardless of labels, and have access to safe, protected, and non-judgmental places in community.

I envision a world where people with diverse abilities and mental illness have equal opportunity for employment and self-employment.

I envision a world where no matter who you are and what you do, you

are treated with respect and dignity.

If you want to give your feedback as to how you envision CLBC in the next 25 years, please go to: <http://www.communitylivingbc.ca/a-new-generation-of-possibilities/>

Upcoming Events

July to August - Music in the Park

July 16 - Disability (ADA) Awareness Day

July 18th - Slide the City

@ Hillside Drive
July 25th – July 26th
Country Fest @ Sun Peaks Resort

July 28th - World Hepatitis Day

July 31st – August 2nd
Kamloopa Powwow @ Tk'emlups Indian Band Powwow Grounds



WorkBC Employment Services Centre

Free Employment Services
IN KAMLOOPS

North Shore 795 Tranquille Road T: 250.377.3670 F: 250.377.3695	www.kamloopsesc.ca info@kamloopsesc.ca	South Shore 100-275 Lansdowne Street T: 250.434.9441 F: 250.434.9442
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Canada BRITISH COLUMBIA open floor group INSPIRATION AT WORK

The Employment Program of British Columbia is funded by the Government of Canada and the Province of British Columbia.

Community Futures Thompson Country

Great ideas can be tomorrow's new businesses. If you have an idea, CONTACT US TODAY!



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Thompson Community Services

TCS strives to enrich the quality of life for each individual we support.

Telephone: 250-828-1508
Website: www.thompsoncommunityservices.com

Place your ad here – contact us for rate information:

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